

Thirty-two Weeks To Begin Emergency Preparedness

Information courtesy of Public Health - Seattle & King County

Use this list to add small items to your emergency kits every week. This can make the job of creating a complete kit a little less daunting. You could also combine a few weeks together if you want to have your kits complete in less time.

Week 1: Get easy-to-carry containers for each family member; plastic tub, backpack, suitcase, box, trash can, etc. Plan for means of transporting if necessary; wagon, luggage cart, etc. Select an accessible location for the containers and inform all family members where they will be kept. *Note: Date all food items and batteries as you add them to containers. Some items will need to be rotated out and replaced over time.*

Week 2: Post emergency phone numbers near each telephone. Teach each family member these numbers, including the phone number of a relative or friend who lives in another state and can be a contact person for your family. Put into each container; 1 can of tuna or chicken and eating utensils; knife, fork and spoon.

Week 3: Plan and practice family evacuation drills using two different escape routes from each room and meeting outside at a pre-appointed place. Put into each container; 1 small can opener (army style), 1 can Vienna sausages or other canned meat, 1 box of raisins or other dried fruit.

Week 4: Put into each container; 3 granola bars and 3 – 8 oz. cans of fruit juice.

Week 5: Put into each container; 2 large (30-40 gallon) trash bags to be used as a poncho, ground cover or blanket, 6 medium (13 gallon) plastic bags, a plastic cup and dish, and 6-10 small paper plates.

Week 6: Put into each container; 1 small package of tissues, 1 can of nuts, 1 small container of peanut butter and 1 small container of honey.

Week 7: Add 1 change of clothing for each person; underwear, socks, shirt, pants, sweater, hat, work gloves, jacket, sturdy shoes, and portable hand warmers.

Week 8: Gather 3-day water supply; store 1 gallon of water per person per day (2 quarts for drinking and 1 quart for food preparation). Don't forget water for pets. You may want to consider a separate means for transporting the whole family. Store away from freezing temperatures.

Week 9: Put into each container; ½ pound instant powdered milk and 1 envelope of powdered juice drink.

Week 10: Put into each container; 3 sticks of jerky, 3 cans of fruit and containers of food for all your pets.

Week 11: Put into each container; ½ pound of trail mix, comfort/stress foods such as, cookie, hard candy, instant coffee, tea bags, etc. and 3 vitamin-mineral supplement tablets.

Week 12: Put into each container; bedding. This could be a sleeping bag or 1 blanket (space blankets are very compact), 1 cloth sheet and 1 plastic sheet to be used as ground cover.

Week 13: Put into each container; brush and/or comb, toothbrush and toothpaste.

Week 14: Put into each container; 6 safety pins of assorted sizes, 1 towel, 1 washcloth, 1 small bar of soap, 1 whistle, and a flashlight with batteries (date the batteries).

Week 15: Put into each container; 1 tube of chapstick, 10 quarters for phone calls.

Week 16: Put into each container; 6 moistened towelettes, 15 paper towels, toilet paper, feminine hygiene items (if appropriate).

Week 17: Put into each container of each person over 12 years old; waterproof matches, 1 piece of sandpaper for striking, 1 candle in a jar, 1 small pocket knife or paring knife.

Week 18: Put into each container; paper and pencil, 1 small game, deck of cards or books. Fill out medical release form for each minor child in family and place in appropriate containers.

Week 19: Put into each container; 1 can of pork and beans, 3 fruit roll ups, 3 – 8 ounce cans of juice.

Week 20: Put into a container; aluminum foil, 10-20 feet of rope, water purification tablets or medicine dropper and small bottle of liquid chlorine bleach (4 drops chlorine bleach per gallon of water).

Week 21: Put into a container; sunscreen, hand lotion, fingernail clippers, nail file, deodorant, small bottle of over-the counter pain medication.

Week 22: Put into a container; battery operated radio with extra batteries (date the batteries), pictures of family and friends, phone numbers, bank account records, cash spare car and house keys.

Week 23: Put into a container; mirror, shampoo, razor, shaving cream, cotton swabs, cotton balls, throat lozenges, denture needs, contact lens supplies, extra eyeglasses.

Week 24: Put into a container; diarrhea remedy, upset stomach remedy, ipecac syrup, adhesive bandages in various sizes, (4-6) 2” sterile gauze pads, (4-6) 4” sterile gauze pads, (3) triangular bandages, (3 rolls) 2” sterile roller bandages, (3 rolls) 3” sterile roller bandages.

Week 25: Put into a container; latex gloves, scissors, tweezers, adhesive tape, needle, spool of thread, antiseptic.

Week 26: Put into a container; first aid book, sanitary pads (for bleeding), burn medication. Put personal prescription medication in each person’s container.

Week 27: Get a large bucket with tight fitting lid to be used as a toilet (some of the family’s preparedness equipment could be kept inside), a folding shovel, and an ax.

Week 28: Put into a container; hammer and nails, electrical or duct tape, adjustable wrench, crow bar, signal flares.

Week 29: Put into a container; small container of dish soap, dishpan, screwdriver, pliers.

Week 30: Assemble into accessible location; camp stove, lantern or other camping gear. Make sure it is tied down or restrained on shelving so it is not damaged in case of earthquake. Take class in First and CPR. Take refresher class if needed.

Week 31: Assemble in an accessible place for quick evacuation; personal documents, will, insurance papers, contracts, financial records, passports, medical records, inventory of possessions, picture albums, etc. You may want to store these in a fireproof box.

Week 32: If you have an infant in your family, include disposable diapers, already prepared formula, disposable bottles, and nipples, warm sleeper, warm blanket, hooded jacket, baby food, crackers, pacifier, teething ring, toys, infant over –the-counter pain medication, diaper rash medication, and a couple of changes of clothing.

If you have an elderly person or a person on a special diet in your household, don’t forget their necessities and don’t forget food and water for your pets.

YOU ARE ON YOUR WAY TO BEING PREPARED!!!!